

By

NEW COMMUNITY

CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 8 NO. 11 NEWARK, NEW JERSEY February, 1991

New Community Prays For Peace As Its Loved Ones Go Off To War

Yesterday our church was filled for the first time in many years. What was happening?

We are at war, and President George Bush had asked the nation to pray for peace — and the nation responded.

Human nature unfortunately takes for granted the unseen gifts bestow-

ed when life is on an even keel; but when crisis arrives, so does a renewed awareness of the presence and importance of God in our lives.

The New Community Network has been dramatically touched by the events which culminated in Operation Desert Storm in Kuwait. People in our housing, in Babyland, St. Rose

School and Parish, and in New Community Corporation itself have family members in the Mid-East. Many have given us names of loved ones in their families to pray for.

At press time there were 75.

In each month's Clarion we will publish the names of New Community Network members and their loved ones who are serving in the United States armed forces.

We hope it will keep our minds

To lend some assistance, New Community will be inviting Network family members involved to St. Joseph Plaza for a prayer service followed by dinner, on February 25th at 6 p.m. Congressman Donald Payne has been invited.

Some of the prominent Newark corporate offices have been asked to sponsor the event. The evening will provide practical help as well as spiritual.

New Life Begins At 84

After almost three years in the New Community Extended Care Facility, one of our residents is now well enough to again live independently. We are almost as excited as she is. Here is her story.

Mrs. Retenner Lee, an eighty four year old grandmother, was admitted to the New Community Extended Care Facility in December, 1987 and discharged in November, 1990. Her return to an apartment of her own after her thirty-five month stay involved a thorough Discharge Planning Team effort, which along with an improved health status resulted in her return to the community.

The entire staff of New Communi-

ty wish Mrs. Lee well. Her enthusiasm peaked when she received support from a network of individuals through efforts of the NCC Social Services department. Support also came from the administrator of the New Community Extended Care Facility, Mrs. Mary Devlin, and a host of others in our New Community Family, who started her on her way.

Donations of furniture, linens, food, utensils, etc. were given to Mrs. Lee to start her new home in New Community Senior Citizens Housing.

Mrs. Lee prides herself on being a very spiritual person and states that God is still blessing her and she is presently very happy.



Development's own Tina Levell holds a dove containing the name of her son, Will. Each dove is attached to a yellow ribbon on a tree at St. Joseph Plaza, as an invitation to prayer.

focused on our brothers and sisters in danger, and remind us to pray for a just settlement of the conflict in the Middle East.

As an additional reminder of the tremendous need for prayer, we placed a tree in the atrium of St. Joseph Plaza to which the name of each person could be attached. At first it looked like flowers were blooming; now it looks like a tree overgrown with vines, almost obliterated by the sheer numbers of name tags.

Everywhere you look flags are now visible — and a virtual sea of yellow ribbons has effectively reached out to touch the shores of the Persian Gulf. Patriotism is no longer a forgotten word.

The times demand a response from all of us; people need help.

evening will provide practical help as well as spiritual.

Seeing your loved one go off to war is a scary thing, and being left to manage a family by yourself is equally frightening, so support services available to military families will be discussed that evening.

Bonnie Walcott from the Red Cross will speak and PSE&G will discuss things like deferred payments for service families. District support services will also be spelled out.

The evening should give family members an opportunity to realize they are not alone — are not forgotten. They will have many helping hands, for the service provided by their loved ones for all of us in freedom's name is beyond measure.

May God keep them safe.

See list on page 3



Mary Devlin, left, and Retenner Lee, right, pose for a picture at the New Community Extended Care Facility. Best wishes Mrs. Lee.

The Right Thing To Do Praise For An Outstanding Homefriend

Grace Jones has been a dedicated Homefriend with New Community for over seven years.

Early one Monday morning Grace was attending to her duties as she always does. Mr. Fred Thomas was one of her clients. As she entered his apartment, she found him on the floor. He had had an attack of some kind and was waiting for her help.

Grace immediately called the am-

bulance and escorted her client to the hospital. After seeing that he was well taken care of she returned to her other clients. Each one greeted her with praises and gratitude for her care and concern when they heard what she had done. The feeling was, "if anything happens to me, I hope you'll be with me in my time of need."

Thanks Grace, for doing the right thing!

Keep The Light Shining

In the midst of the hard-hitting blizzard which closed down events all over town and slowed down traffic to a cautious crawl, residents of NC Commons Sr. and several others who were courageous enough to venture

that the guest speaker and two of the participants in the memorial were unable to get to the site, the program would not have much to offer.

Typical of God's way of turning unfortunate experiences into wonderful

ners were taken later to those who were "snowed out."

As each segment of the selected words of Martin Luther King were inspiring read by Art Wilson and Joyce Cook with Emily Ross as leader, one of the five large red candles in front of Dr. King's picture was lit to signify the quality or virtue that Dr. King was upholding or emphasizing. The first candle was for INTEGRATION — the real sharing of power and responsibility; then HOPE, VITALITY, UNITY and SPIRITUAL POWER (found in love, understanding, good-will and non-violence).

When the last candle was lit, one person from each table was invited forward to pass the light on. Carrying the candles from the table center-

piece, each person received the light from the larger candles and brought them back to their group while everyone joined in singing "This Little Light of Mine."

As a result of good committee work and the support and cooperation of other buildings, Ruby Dawson presented a \$500 money order to Donald Godwin, Director of NCC Youth Department. An additional \$150 was later given to Mr. Godwin.

An elated chairperson, Viola Walker commented on the harmony and cooperation throughout the "140" building in preparing for this event. "It brought us closer together," she stated. We will "keep the light shining."

Sister Kay Coll



NC Commons Sr. residents enjoyed good food and music while celebrating the memory of Dr. Martin Luther King, Jr.

out, celebrated the memory of Dr. Martin Luther King, Jr. at the annual Youth Scholarship Dinner promoted by the Senior Advisory Council. This fundraiser provides some assistance towards the education of NCC youth, showing that the seniors believe in that good cause.

The only disappointment in the January 11th program was the fact that many were left waiting for transportation, which in the end, never made it. Although the affair was the responsibility of the "140" tenants, the program involved participants from Harmony House, St. Rose, Roseville and Douglass-Harrison.

One would think that due to fact

surprises, the program lived up to its theme of "Keep the Light Shining." Spontaneous sharings on Martin Luther King came from the guests themselves. One of the more moving experiences was when Zera Brown, whose singing voice had been lost and then restored through prayer, stood to give glory to God and honor Dr. King, who used his voice as an instrument of God.

Only to express the depth of emotion and spirituality with which Mrs. Brown sang "Blessed Assurance"



Donald Godwin receives the Dr. Martin Luther King, Jr. Scholarship from Ruby Dawson.

does the idea of "soul" singing come to mind. It truly was singing from the soul.

Music played a big part in the evening with some of the Gospel Chorus singers and Miss Emily Ross leading the singing.

The delicious meal cooked and served with loving care was not only enjoyed by those who attended but din-



Residents of New Community Commons Sr. participated in a candle lighting ceremony with St. Rose School principal, Art Wilson and Social Services' Joyce Cook.

Contributions To New Community Corporation

If you would like to make a memorial gift or donation to New Community it would be most welcome.

People who would like to give to New Community but don't wish to give up the earning power at the present time can assign a contribution now, but defer payment until sometime in the future.

If you would like more information, please contact the Development Office at (201) 623-2800 ext. 206.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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SERVING OUR COUNTRY

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 JEAMLE AUSTIN — Army; cousin of Lester Jefferson, Central Maintenance
 CREIGHTON R. BARBER — Air Force; cousin of Gwendolyn Walston, N.C. Home Friends
 JEFFREY BARBER, SR. — Army; relative of Gwendolyn Walston, N.C. Home Friends
 YOLANDA BARNES — cousin of Tahisha and Richard Chambers, St. Rose of Lima School
 COLIN BECKLES — uncle of Damian Beckles, St. Rose of Lima School
 LEROY BIGGS — Army; brother of Beverly Jackson, Manor Families
 LIEUT. BLOCKER — cousin of Zadiiah Ballard, St. Rose of Lima School
 JASON BOEKLOUDD — cousin of Richard Santanez, St. Rose of Lima School
 JAMES BOYD — cousin of Henry Watson, St. Rose of Lima School
 IAN RUTHERFORD BRADY — Army; son of Aston Brady, Central Maintenance
 MARTIN BROWN — cousin of Richard Santanez, St. Rose of Lima School
 CHARLES CANNON — Marines; cousin of Lester Jefferson, Central Maintenance
 RAYAHEEM ANTHONY CHAPMAN — Army; grandson of Blossie Powell, Manor Families
 RICHARD CONCEPTION — St. Rose of Lima Parish
 ROBERTO CONCEPTION — St. Rose of Lima Parish
 MIGUEL ANGEL CORTES — Navy; Manor Families
 LONNIE COVINGTON — Army; cousin of Kevin Covington, Central Maintenance
 DENNIS DARNELL CROOM —

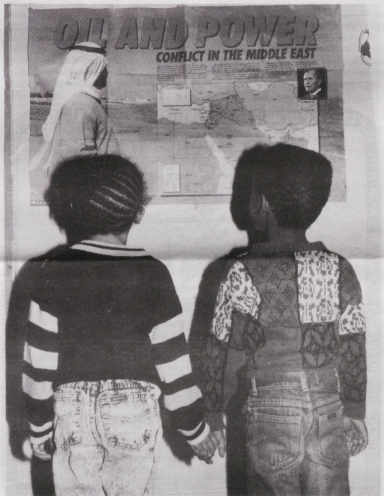
Marines; son of Alstineer Croom, Manor Senior
 ROBERT DAVIS — cousin of Melva Davis, Babyland IV
 THOMAS DAVIS — cousin of Melva Davis, Babyland IV
 BENJAMIN DOOLEY — Army; uncle of Andre Johnson, Manor Families
 MICHELLE ELDER — Army; daughter of Geraldine Shaw, Manor Families
 TERRY EPPS — cousin of Richard Santanez, St. Rose of Lima School
 JAMES EVANS — cousin of Melva Davis, Babyland IV
 LENNIE EVANS — cousin of Melva Davis, Babyland IV
 DONALD FENNER — Navy; uncle of Melissa Lewis, St. Rose of Lima School
 ANDRU GARDNER — cousin of Dorian Smith, St. Rose of Lima School
 MIGUEL GONZALEZ — cousin of Erica and Armanda Pabon, St. Rose of Lima School
 LUISA GRAND — St. Rose of Lima Parish
 MICKE GRAND — St. Rose of Lima Parish
 NELSON GRANT — Air Force; Brother-in-law of Jennifer Grant, Central Maintenance
 RONALD GRAY — Army; nephew of Sadie Gray, Manor Families
 ISRAEL GUZMAN — St. Rose of Lima Parish
 GREGORY HINES — Army; son of Mabel Hines, Home Health Care; brother of Billy Hines of Dunkin Donuts and of Michele Featherstone, Douglass-Harrison
 CHARLES JAMES, JR. — Uncle of Ahmad Archie, St. Rose of Lima School
 CHARLES W. JEFFERSON — Marines; brother of Lester Jefferson, Central Maintenance

DARINE JENKINS — Air Force; cousin of Grace Bowman, Babyland IV
 CARLTON JONES — cousin of Damian Beckles, St. Rose of Lima School
 LEONARD JONES — cousin of Damian Beckles, St. Rose of Lima School
 RAFAEL DE LAROSA — cousin of Eric and Armanda Pabon, St. Rose of Lima School
 BRYAN LARRIER — Navy; nephew of Vinishia Holley, Douglas Homes
 CLARENCE LAWRENCE — Marines; cousin of Lester Jefferson, Central Maintenance
 WILL A. LEVELL — Army; son of Tina Levelle, Development
 DEXTER LITTLE — Marines; cousin of Lester Jefferson, Central Maintenance
 TRACEY LOWE — Marines; cousin of Grace Bowman, Babyland IV
 JOSE MARTINEZ — St. Rose of Lima Parish
 MARSHALL MATTHIS — nephew of Harriette Lewis, Commons Senior
 RAFAEL MATOS — St. Rose of Lima Parish
 JENNIFER MAYO — daughter of Clementine Kinney, Manor Families
 COREY MERCERY — cousin of Tahisha and Richard Chambers, St. Rose of Lima School
 CARLOS R. MONTANEZ — St. Rose of Lima Parish
 THOMAS MOORE — cousin of Omar Sellars and Latifah King, St. Rose of Lima School
 ZELMA MOORE — cousin of Omar Sellars and Latifah King, St. Rose of Lima School
 JOSE MOREL, JR. — St. Rose of Lima Parish
 DERRELL MURRAY — cousin of Zadiiah Ballard, St. Rose of Lima School
 GLINNIS MURRAY — cousin of

Zadiiah Ballard, St. Rose of Lima School
 RONALD NEALY — Army; cousin of Vera Hollins, St. Rose of Lima School
 WILLIAM NIEVES, JR. — cousin of Jennifer Padilla, St. Rose of Lima School
 ALEXANDER NIEVES — cousin of Jennifer Padilla, St. Rose of Lima School
 EUGENE RANSOME — Army; Commons Families
 RICHARD REYNOLDS — Army; nephew of Emma Jean Miller-Curlin, Social Services
 ANGEL LUIS RIVERA — St. Rose of Lima Parish
 VICTOR M. ROSADO, JR. — Navy; son of Maria Gonzalez, New Beginnings Spa Member
 ANGEL ROSARIO — St. Rose of Lima Parish
 JIMMY SANTOS — St. Rose of Lima Parish
 HOWARD SMITHSON — Air Force; cousin of Anna Hector, Gardens Families
 PAULINO SOTO — St. Rose of Lima Parish
 MARK STOVER — cousin of Shonta Watson, St. Rose of Lima School
 KEVIN THOMAS — uncle of Ahmad Archie, St. Rose of Lima School
 MARLON THOMPSON — uncle of Robert Wright, St. Rose of Lima School
 ORLANDO TUNE — Marines; nephew of Gwendolyn Walston, N.C. Home Friends
 ALBERTO IGNACIO VEGA — St. Rose of Lima Parish
 ELBA N. VEGA — St. Rose of Lima Parish
 LORETTA WARD — Army; sister of Vera Hollins, Gardens Family
 MALVIN A. WILLIAMS — Army; sister of Lester Jefferson, Central Maintenance



Lester Jefferson, left, and Aston Brady, right, stand beside the tree at St. Joseph Plaza displaying the names of their loved ones serving in the Middle East.



The eyes of the young are also focused on the Gulf War.

A Special Place For Families

The Family Place at St. Barnabas Church in Newark is a multi-faceted social service program funded by a grant from the Division of Youth and Family Services to serve caregiving families of HIV-positive children. "Family" is defined broadly to include biological, extended, foster and adoptive family members.

The Family Place is located in a renovated gymnasium at St. Barnabas Church, part of the Episcopal Diocese of Newark, which is sponsoring the multi-agency program.

Building on the success of the Children's Hospital AIDS Program in addressing the medical needs of HIV-positive children, the grant is intended to extend quality social services and emotional support to the families of these children.

In addition, Babyland Nursery, which presently services children infected with HIV/AIDS in a special program, and The AIDS Resource Foundation for Children will provide center-based and home-based respite care for the children.

A dedication program on January 17, 1991 marked the opening of The Family Place. Mayor Sharpe James and Msgr. William Linder were among the speakers who attended, to offer their support to this much needed program.

HIV, the virus which causes AIDS, can be transmitted sexually and via contaminated blood, usually among people who are IV drug users. The drug problem in New Jersey's urban areas gives the state one of the highest rates of infection in the country.

The Family Place is available for any member of a family that is impacted by HIV/AIDS in any form. For example, a parent of an HIV-positive child, an HIV-positive parent, foster or adoptive parents of an HIV-positive child, siblings of HIV-positive children, children who are healthy but have an HIV-positive parent may all obtain free services at The Family Place. For more information call (201) 481-0955.

The warm, supportive environment found at The Family Place offers men, women and children a place to go to find hope and encouragement to live life one day at a time.

Mary Lou Madden

If You Could Have Seen Their Faces

Thanks to the generosity of many people, organizations, and churches, all the children that attend Babyland Nursery, Inc. received beautiful Christmas gifts.

If you could have seen the faces of the children as they opened their gifts, your hearts would have felt our gratitude to you. The expressions of delight lit up their faces and brought the true meaning of Christmas alive.

"Thank you" never seems like enough to say to those who put countless hours into planning and organizing ways for all the children to receive gifts for Christmas. Because of people like you, children enjoyed gifts of clothing and toys that

Harmony House Welcomes A Volunteer Coordinator

There Are So Many Ways To Help...

New Community Harmony House welcomes Mr. Tom McGinn as their Volunteer Coordinator. Mr. McGinn will be volunteering his time recruiting other volunteers to serve



Tom McGinn busy at work.

the homeless families of Harmony House and coordinating their efforts.

Mr. McGinn is a retiree who has worked as an analyst, consultant and manager. He has a B.B.A. and M.B.A. degree. He also served in the Marine Corps during World War II. He is married with two adult children.

Mr. McGinn states that one of his objectives during his retirement is to work with and for the homeless. In addition to being the Volunteer Coordinator for Harmony House, he is also involved in a literacy program at Northern State Prison in Newark.

Those wishing to volunteer time should contact Mr. McGinn at 623-8555. There are many opportunities to help our homeless children and adults.



Cuddly teddy bears were among the Christmas gifts donated to Babyland.

many of their families could not afford to give them.

As the program director of the Parent Child Center at Babyland I & IV, I have the privilege of encountering so many kind and generous people who search for ways of SHARING their gifts. Every week I receive phone calls from people who have heard about Babyland and would like to offer some assistance.

Many people who call have full time jobs but are interested in volunteering in some way. Some have an hour or two a week and offer to volunteer in the classroom, to answer the

phone, to do typing and filing, or to share a specific service. All of the volunteers help to keep the spirit of Christmas alive in our hearts throughout the year.

In November 1990, I started to receive phone calls from people who wanted to give gifts to the children for Christmas. Santa's workshop was working over time and thanks to so



Friends of Babyland help make it happen.

many generous people there were enough gifts for every child who attended.

On behalf of all of the families and staff at Babyland Nursery I offer words of gratitude to those who have gifted our children at Christmas and who continue to give us each day. Thank you.

Mary Lou Madden



Many eager helpers were involved in the toy distribution.

THE CHEF'S CORNER

When you're late coming in from work, but yearn for a tasty, easy meal, try this.

Chicken Scapariello

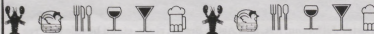
2-4oz. chicken breasts
2 oz. prosciutto ham, julienne
2 oz. artichoke hearts, sliced
1 oz. white wine
1 small clove of garlic, chopped
1 teaspoon of chopped parsley
2 oz. butter or oil
salt and pepper to taste

Pound chicken between layers of saran wrap until thin. Dust chicken with flour. Cook in hot oil or butter



RODRIGUEZ
JOE

2 minutes each side. Add garlic and prosciutto, and cook 2 more minutes. Add artichoke hearts, wine and parsley, salt and pepper to taste. Bring to simmer and it's ready to serve over rice or noodles. Serves 2.



DUNKIN' DONUTS IT'S WORTH THE TRIP DUNKIN' DONUTS IT'S WORTH THE TRIP

Two Fresh Ideas For Savings.

COUPON

**50¢ off
6 Donuts**

One coupon per customer per visit. Available at participating shops. Offers cannot be combined. Shop must retain coupon. Limit not included.

Limit 2 Offers

DUNKIN' DONUTS
It's worth the trip.

COUPON

**50¢ off
a Croissant
Sandwich**

One coupon per customer per visit. Available at participating shops. Offers cannot be combined. Shop must retain coupon. Limit not included.

Limit 2 Offers

DUNKIN' DONUTS
It's worth the trip.

DUNKIN' DONUTS IT'S WORTH THE TRIP DUNKIN' DONUTS IT'S WORTH THE TRIP

Reflections:

Do Seniors Overmedicate?

This article reflects my observation concerning what appears to be an excessive amount of medication taken by senior citizens.

I've noticed as we get older and older the old body needs help. Like the old automobile, the engine gets tired and jerky, the wheels become wobbly and need support, the lights get dim, the battery is weak and even the exhaust is not in line.

Unfortunately, you can most always get a new car, but you can't get a new body. Advances in medical technology have made it possible to get new parts — be it a heart or kidneys, and gratefully new joints now available which have been a Godsend to crippled arthritics.

The improvement in medical care is a result of a host of new drug therapies; for the heart, kidneys, arthritis. However it does appear, at times, that the senior citizen is turning into a human drug store. This can sometimes be a problem, because for every good reaction, there is a side reaction, so at times some of the patients do not know whether or not a drug is right for them. The doctors prescribing these drugs are excellent judges but you must keep them apprised of your symptoms.

Every time I feel that I am on one drug the use of which is abused, it is iron therapy. This is used for iron deficiency anemia. I often facetiously reflected on the thought that on continuous iron therapy a person might rust. More importantly it can



Dr. Paul
Kearney

obscure an underlying bleeding condition of the stomach or upper bowel, since both iron and blood in the stomach and upper bowel cause the stools to turn black. If this is caused by bleeding there is a great need to pick up this fact early.

Just to touch on anemias — most common in seniors is normochromic microcytic anemia (does not respond to iron therapy) which is most likely due to inadequate diet or refusal to eat. Pernicious Anemia — not uncommon in seniors — responds exceedingly well to Vitamin B₁₂.

Let's talk about vitamins too. Vitamins are essential to all ages. For example Vitamin C prevents scurvy. May I stress one point. The B Complex vitamins are safe in an excess because they are water soluble and can't stay in the system. On the other hand, Vitamins A and D are fat soluble and are stored. Never take Super A or Super D. The overdose is scary: pallor, bleeding from gums, hair loss, fever, pain.

Again might I stress — Please allow your doctor to guide your therapy; he or she is most capable and you know "he or she won't allow you to rust."

Paul Kearney, M.D.
Medical Director
NC Extended Care Facility

House Pins Fundraiser For The Homeless

New Community Harmony House has undertaken a fundraiser to assist the 102 homeless families it serves.

Harmony House kicked off its House Pin fundraiser sale at their First Anniversary Celebration on December 13, 1990. The colorful pins, designed to look like houses, received a tremendous response.

The House Pin is an individually

ing homeless population in our community. House Pins are a real conversation piece. When wearing them, people will admire them and ask about their meaning and you will be able to explain, with pride, that you are helping the homeless.

Lucinda Yates, a jewelry designer from Portland, Maine, is the designer of the unique House Pins. Since 1988,



designed and handcrafted piece of wearable art. Each is cleverly cut from mat board in all shapes and sizes; the house symbol is of various colors and designs. Wallpaper or beads, stones or a moon are often added to the scene, and a shiny acrylic glaze finishes the product.

The cost of a House Pin is \$10.00, which includes a contribution to the homeless and provides a means of increasing the awareness of the grow-

ing vision of raising money for and consciousness about homelessness has spread throughout the states. Of the \$10.00 charged for the pins, the net proceeds are donated to Harmony House families and the rest sent to Ms. Yates for her continued crafting.

Those wishing to purchase a House Pin, or assist in selling them, should contact Jeannette Page-Hawkins, Harmony House Administrator at (201) 629-5555.

Parenting Yourself

What is your earliest memory? Quickly. Whatever pops into your mind is probably an experience which affected you deeply as a child, before you had the thinking power to understand it.

You came up with a pleasant memory? Good; its blessing rings. You uncovered a sad or angry memory? Then it may be useful to take a new look at your reaction way back then, because it is possible that your child-reaction still recurs whenever you are in a similar situation. Examine it, and decide whether you want to keep that style or change it to a more thoughtful response.

If you choose to change the way you respond, first give yourself permission or encouragement to do it. Be the parent to yourself and think about ways by which your reactions will change. Replay the scene in your mind, but change the words. Talk to yourself with the understanding that you or someone else talked to you in the original scene. Be a loving parent to yourself and you will see actual results that can flow into your life today.

At that point you will experience the healthy satisfaction that comes from sharing an experience with a listening friend. This newfound friend within you can release a potential for achievement, love and peace that may have been buried inside of you for years. Now may be your time to change "Don't" to "Do."

As an example, if you internalized "put-downs" in your childhood, with your new self-parenting skills you can now realize that persons who are driven to hand out put-downs are suffering from some problems themselves. Don't let their problems change the best that is in you.

There is another aspect to look at. Perhaps the hurt you felt as a child

came from someone who usually showed great love to you. In such a case, simple forgiving and forgetting may be in order, because such a nurturing person would not have intended the hurt you felt.

In any case, holding on to hurts will only pull you down. So take the measures you need — small steps or long steps — to gain a positive view of yourself. God meant every person to develop, to have joy, and self-esteem. These are gifts for human beings; they are not rights we must fight for or earn. Our "fight" should be only against whatever diminishes these abilities in us.

This quiz may help you to discover your full self.

Answer Yes or No —

1. I accept myself the way I am. ☐
2. I am liked by others. ☐
3. I have a sense of humor. ☐
4. I help a neighbor in need. ☐
5. I know the difference between causing my own problems, and letting someone else be the cause of my problems. ☐
6. I remain calm when someone finds fault with me. ☐
7. I can take steps to change the habits I don't like in myself. ☐
8. I am a responsible person; I follow through. ☐
9. I trust God to heal the scars I cannot heal myself. ☐
10. I am able to give love, praise and encouragement to children and to myself. ☐

Yes answers will send positive signals to your feelings about yourself; No will send negative signals.

If you answers are "yes," it is time to assess your talents, goals and decisions.

For some readers who have answered "no," looking backward

may be very painful. Perhaps their lives were severely scarred in their own childhood. The house rules they were forced to live by might have been: "Don't see; don't hear; don't feel; and especially don't talk about it." Their childhood cries, instead of being understood only brought them punishment.

For those who have so little to go on regarding re-parenting themselves or nurturing other persons, helpful groups, therapy or books may be needed.

There are several useful books on this subject in bookstores currently.

One title, easy to remember, is Twelve Steps to Self-Parenting, by social worker Philip Oliver-Diaz and Dr. Patricia O'Gorman; published, 1988, by Health Communications, Inc. in Deerfield Beach, Florida. Paperback price is \$7.95. The exercises and prayers recommended in this and similar books are worthy of everyone's attention.

Wishing you the peace in '91 that will come from nurturing the best in yourself.

Sr. Mary Sheridan
Babyland Curriculum Specialist

MEXICAN • ORIENTAL • BARBECUE
ITALIAN • OUR FAMOUS DELI

VALENTINE'S DAY SPECIAL

BUY ANY DINNER AND THE 2ND ONE IS ½ PRICE
FEBRUARY 14TH ONLY

PATHMARK SHOPPING CENTER

131-185 BERGEN ST., NEWARK, NJ 07103

Restaurant Employee Of The Month

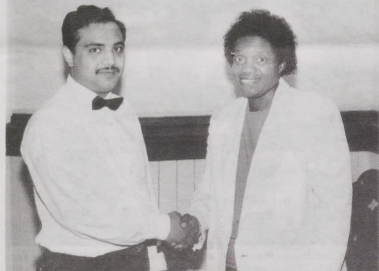
Jacob was chosen for his continuing efforts in learning and achieving, consistent attendance, punctuality and hard work. His supervisor Lee Reese considers him one of the most dependable and capable employees that we have. Last but not least is his "service with a smile," which makes people feel at ease.

Jacob graduated from college in India, majoring in accounting, and has

also completed a course in computer programming. His career in NCC commenced in October 1989 as a busboy in the Sandwich Shop. He was later promoted to a cashier/waiter.

Jacob is thankful to NCC and the Priory management for giving him an opportunity to prove his worth and for recognizing his efforts.

Keep up the good work Jacob!



NCC Board member Mary Smith congratulates Jacob Matthew on being named Restaurant Employee of the Month for February.

Our Spa Attraction: Kacy Duke!

New Beginnings Spa is fortunate to have "the hottest aerobic instructor in New York," according to a vote taken by City Sport Magazine. WPIX-TV says "she's one of the 10 best aerobic instructors in the country."

Who is this phenomenon and when is she at our spa?

Her name is Kacy Duke, and she will be conducting her aerobic class every Thursday night between 7 and 8 p.m. Her dynamic blend of technical sophistication and high energy has made Kacy a Crystal Light Champion.

Her personalized fitness programs contain an explosive style which ignites class after class. She has risen to the top of the fitness industry by emphasizing the "Four F's," — fun,

freshness; funk and fierceness.

Kacy remains well grounded in her field, with a strong grasp of the fundamentals of her profession. She has often told people, "If I can help my students love and take care of their bodies, the energy force I give in class comes back to me three-fold."

In addition to teaching master classes across the country, Kacy has made numerous national television appearances, including co-host on ABC's Morning Show with Billy Crystal and a regular fitness segment on NBC's Essence television show. She has also appeared in ads for Nike and Macy's.

Come join New Beginnings and get in shape with Kacy.



Guest aerobics instructor, Kacy Duke, demonstrates her award winning style. Interested spa members can attend her class Thursday evenings at 7 p.m.

Jazz & Networking

at
the PRIORY restaurant
at
st. joseph plaza

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Professional Community since 1985*

You or your group are cordially invited to Jazz and Networking — an after work setting for relaxation, for mixing business with pleasure and for socializing.

Come each Thursday between 5:30 p.m. and 9:30 p.m. and enjoy:

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- Full course dinner specials • Dinner for two drawings

Networking between and after show. Free On-Site Parking.

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233 West Market Street
Newark, New Jersey 07103

Black Achiever Of The Year: Bill Simmons

A National Salute to Black Achievers in Industry is given each year by the Harlem YMCA in New York City which made a recognition dinner for those so honored. Pathmark has been choosing a Black Achiever of the Year from among its associates, to be honored in this National Salute, since 1974.

This year the company-wide competition chose for this honor, Bill Simmons, a member of the Central Division of Pathmark, and General Store Manager at the New Community Neighborhood Shopping Center Pathmark on Bergen Street in Newark.

Bill has been active in his neighborhood church Christian Brotherhood Council, which involves twenty different churches in Neptune, N.J. He has also tutored in the Long Branch areas.

The Big Brother program has benefited from Bill's time. Every Sun-

day he brings home two or three youngsters to enjoy activities which range from running through the woods to visits to Great Adventure or baseball games.

A former Golden Gloves champion, his concern for children resulted in the formation of a Comingling Group Program which came out of a Neptune Youth Group he created upon seeing that although kids were friends in school, outside school they went along racial lines. Starting with twelve kids, his program created a situation whereby the closeness felt in school was held after school. The program today includes 70-80 children.

"Kids always liked me for some reason," said Simmons. He listens to them and doesn't talk up or at but with them, he said. "Always be proud of what you are, no matter what. Be the best at it," he tells kids. "Lend me your ears and I'll lend you

my years," is a favorite saying.

The upbeat attitude he displays has brought him from a beginning as equipment control clerk with Pathmark to his present position as General Store Manager. It is obvious from the reception of his award that

many people are proud of who Bill is and what he has become—a fine role model for the community.

"You are judged by the contents of your character," he told me. His fellow employees seem to like what they see.

Compare And Shop... At Pathmark

Prices Surveyed On February 1, 1991 At Bergen Street
Pathmark And Avon Avenue IGA

IGA Price Pathmark Cost

Dominio Sugar 5 lb. bag	\$2.29	\$1.99
Parkay Margarine 1 lb.	.95	.89
Campbell's Pork & Beans 16 oz.	.53	.45
Prune Juice (Store Brand) 40 oz.	1.53	1.19
Goya Pinto Beans 16 oz. can	.69	.59
Ivory Soap 4 bar pack	1.19	1.09
Quaker Grits 24 oz.	1.03	.89
Milk ½ gallon	1.47	1.39



Pathmark General Store Manager, Bill Simmons, center, is surrounded by his co-workers at party thrown in his honor. Mr. Simmons was named "Black Achiever of the Year" by the Pathmark Corporation.

Count on The Pathmark of Bergen Street For SAVINGS THAT COUNT!

We will be happy to transfer any prescription (with your MD's verbal approval) filled at other than a Pathmark Pharmacy Department. Just bring in the old label or telephone us and we'll do the rest.

Valid thru Mar. 2, 1991

This coupon worth **\$1.00** toward the purchase of **Any** **Prescription**

Customer's Signature _____

0032200

This coupon does not apply to fully paid/advance payment sale programs and cannot be used in conjunction with Pathmark Pay-As-You-Shop programs or other offers. Limit 1 prescription/coupon per prescription. Expires Mar. 2, 1991. Void where prohibited or not at all. This coupon can be applied toward but not exceed the cash. Pay or settle on your third party payment. See reverse.

Valid thru Mar. 2, 1991

This coupon worth **50¢** toward the purchase of **Any** **McCormick's Spice or Extracts**

Limit one per family. Good at any Pathmark Supermarket. Valid thru Sat., Mar. 2, 1991. Void where prohibited.

0033460

Valid thru Mar. 2, 1991

This coupon worth **\$1.00** toward the purchase of **Any** **Fresh Seafood Item** with a \$3 minimum Seafood purchase

Limit one per family. Good at any Pathmark Supermarket. Valid thru Mar. 2, 1991. Void where prohibited.

0033680

Valid thru Mar. 2, 1991

This coupon worth **50¢** toward the purchase of **Any** **Hot Dogs or Bacon**

Limit one per family. Good at any Pathmark Supermarket. Valid thru Sat., Mar. 2, 1991. Void where prohibited.

0033360

Valid thru Mar. 2, 1991

This coupon worth **50¢** toward the purchase of **Any** **Item in Our Floral Shoppe** with a \$2 minimum Floral purchase

Limit one per family. Good at any Pathmark Supermarket. Valid thru Mar. 2, 1991. Void where prohibited.

0039120

Valid thru Mar. 2, 1991

(over)

This coupon worth **79¢** toward the purchase of **Dozen Large White Eggs**

Limit one per family. Good at any Pathmark Supermarket. Valid thru Sat., Mar. 2, 1991. Void where prohibited.

0039440

Happy Valentine's Day

From Pathmark

We Discount Greeting Cards

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*Check store for exact hours

So that we may serve all our customers, we reserve the right to limit sales to three (3) packages of any item. Items offered for sale not available in case lots, except if advertised by case price. We reserve the right to limit the sale to three (3) cases of any item. Not responsible for typographical errors. Some pictures shown in this advertisement are for design purposes only and do not represent items on sale. Certain items not available where prohibited by law. Items and prices valid only at Pathmark Supermarkets. Some Mr. Corn, and IGA Pathmarks closed Sunday. Most stores not open Sunday close midnight Saturday and open Sunday at midnight. Check your local Pathmark for exact Store Hours. During the one hour some departments may be closed. Health Aids and General Merchandise available in Pathmark Supermarkets with Pharmacy Departments and at Pathmark Free Standing Drug Stores. ©2000 Pathmark. Means a Yellow Tag Sale.

Cultural Attractions

NEWARK MUSEUM

Children's Theatre

On Saturday, February 9, actress Ivey Avery will portray Harriet Tubman in *Follow the Freedom Star*, the story of the famous conductor of the underground railroad, who "never lost a passenger and never ran her train off the track." Through dramatization, audience participation and song, Ms. Avery will bring a vital part of history to life.

Harriet Tubman: Follow the Freedom Star, February 9, 2:00 p.m., Billy Johnson Auditorium, free.

Family Films

The Family Film Series celebrating African-American History Month will open on Sunday, February 3, with a screening of *Sounder*. This simple story of a black family's struggle for survival during the depression in the deep South is more than a period piece or a statement on race; it is an encouraging vision of human strength and love. On Sunday, February 10, Gordon Park's idyllic story about the life of a boy born into a poor black Kansas family in the 1920s, *The Learning Tree*, will be shown. Rounding out the series on February 17 will be *The Autobiography of Miss Jane Pittman*, starring Cicely Tyson in a brilliant Emmy Award winning performance as a fictitious black woman whose life spanned the century from the Civil War to the beginnings of the 1960s Civil Rights Movement.

Sounder, PG, February 3; **The Learning Tree**, PG, February 10; **The Autobiography of Miss Jane Pittman**, PG, February 17; Billy Johnson Auditorium, 2:00 p.m., Free.

Concerts

The Museum's month-long focus on patterns and rhythms in African art will come to a rousing conclusion on the last weekend of February. African-American heritage will be explored in a number of workshops, demonstrations and family activities during the month. On Saturday, February 23, Ben Jones and Mansa Mussa will present a program illustrating the uses of masks and dance in African ritual celebrations. The concert will feature slides of African masks and a discussion by Ben Jones, as well as African drumming, dancing and the appearance of a Masquerade figure.

The rich, rhythmic heritage, stemming from the heart of African music, will be illustrated on Sunday, February 24, when a concert by *Women of the Calabash* will take place in the Billy Johnson Auditorium. This company of three women uses a variety of instruments made from natural materials (such as calabash, bamboo and wood) augmented by lyrically harmonic vocals to enchant and delight audiences of all ages. Free tickets to the February 24 concert may be reserved by coupon until February 1, and thereafter, picked up in person at the Museum's Garden Information Desk.

Rhythms and Patterns in African Art: A Celebration, Saturday, February 23 from 1:00 to 4:00 p.m.; concert at 3:00 p.m. **Women of the Calabash**, Sunday, February 24, 3:00 p.m., Billy Johnson Auditorium, free tickets by reservation only.

Tours And Talks

Throughout January and February, guided half-hour tours of the Jack Whitten and Tyrone Mitchell exhibits will be given each weekend at 1:30 p.m. Entology curator Anne Spencer will lead gallery talks on *The Rhythm and Patterns in Africa* art on Sunday, February 3 at 1:30 and Thursday, February 7 at 12:30 p.m. All gallery talks and tours are free.

African Photography Lecture

Carol Beckwith, noted photographer of traditional African cultures, will give an illustrated lecture on Wednesday, February 27 at 6:00 p.m. Ms. Beckwith is the author of *Maasai and Nomads of Niger* and co-authored *The African Ark*. The focus of her lecture will be on the Wodaabe people of Niger, whose colorful and tenacious way of life has recently been threatened by recurrent drought. Ms. Beckwith will give a rare glimpse into the culture of these remarkable people for whom elaborate costuming and adornment are essential components of the arts of survival.

Carol Beckwith lecture, Wednesday, February 27, 6:00 p.m., Billy Johnson Auditorium, \$5 members, \$8 non-members. Light refreshments will be served at 5:00 p.m.

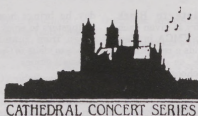
Family Activities

To complement the Museum's African-American History Month Celebration throughout February, two different family activities will be available to visitors. On Saturdays and Sundays from 12:30 to 3:30 p.m. families will be able to *Dress in African Attire* in the South Wing Education Center lobby. They may have a photo taken for a fee if they wish. The African Galleries will host the activity *Making a Kuba Cloth Shirt* on Sundays, also from 12:30 to 3:30 p.m.

Youngsters age six to twelve may participate in an *African Dance Workshop* conducted by Mansa Mussa at 1:30 p.m. on Saturday, February 23. Participation will be on a first-come, first-served basis due to limited space. If they wish, class members may show what they've learned during the 3:00 p.m. concert.

Arts Workshop

This will be an opportunity for people of all ages to take part in a multi-discipline experience, February 20 through 23. Learn about African culture during 12:30-1:30 p.m. lunchtime programs, coordinated by Gladys Grauer and Mansa K. Mussa. Each day will feature a different program. On Wednesday *The Art of Dance* will include a slide presentation followed by a demonstration of dancing with drumming. Thursday's program, *Masks, Hats & Headpieces* will invite participants to watch pieces being made and try them on. Friday's workshop *Experience a Masquerade* will show how one takes on another image, hidden by a head-to-foot costume, often spiritual. This special festival will come to a close on Saturday at 3:00 p.m., when internationally known artist Ben Jones, with Mr. Mussa's assistance, will explain and demonstrate how the themes of the lunchtime programs come together. The programs are all free and open to the public.



A Travelogue Of Classics

Come experience the magnificent sound of the Cathedral Symphony Orchestra on Sunday, February 3 at 3:00 p.m. as we present a travelogue of classical music. Internationally acclaimed conductor Keith Clark will lead the *Cathedral Symphony Orchestra* in Mendelssohn's *Symphony No. 4*, the *"Italian Symphony."* Mendelssohn was so impressed with the liveliness of the Italian people during his tour of Italy in 1831, he wrote this beloved music when he returned home. This spirit carries over into his symphony, which is named for the finale, a Roman tarantella.

Two pieces by Mozart will also be performed: *Symphony No. 32*, the *Overture in the Italian Style* and the *Serenade in D Major for four orchestras*. These pieces are well suited to the acoustics of the Cathedral, especially the *Serenade* which will be played antiphonally, with orchestra members positioned around the Cathedral.

Also on the program is the *Pouenc Organ Concerto*, performed by Cathedral Organist David Fedor on the restored Schantz organ. With over 9,500 pipes, this organ is capable of producing an astonishing range of sound, making it one of the best organs in the country. The organ plays almost continually in this one

movement concerto, as Pouenc capitalizes on the difference in the sound of the organ and the strings and percussion.

Keith Clark has been the Music Director for the Cathedral Concert Series since 1986. He received his PhD with honors in music theory and composition from UCLA. Following his Vienna debut in 1972, the Salzburger Nachrichten wrote that "as conductor...Keith Clark is one of the most impressive musicians of his generation." Dr. Clark has conducted on BBC, Austrian, German, Hungarian, and Netherlands radio and television. He is featured on recordings with the Vienna Chamber Orchestra, the Pacific Symphony Orchestra, and the London Philharmonic.

Tickets are available for \$20, \$10 and \$5. For more information, call (201) 484-2400. The concert will be held at the Cathedral of the Sacred Heart, which is located just off I-280 in Newark, N.J. The Cathedral is accessible to the handicapped and secure on-site parking is available. This series of concerts is made possible in part by grants from the National Endowment for the Humanities and the New Jersey State Council for the Arts/Department of State.

Jazz With Gene Phipps, Jr. and Friends At The Priory



A lively part of the cultural scene is the presence each Thursday of Gene Phipps, Jr. and Friends at the Priory Restaurant, 233 West Market St., for the enjoyment of all who come to listen and mingle.

Exhibits

Jack Whitten & Tyrone Mitchell

Paintings and sculptures by these two important artists will be on view through February 28. Jack Whitten, who has worked as an abstract painter since the early 1970's, constructs his mystical paintings from acrylic molds of found objects. Tyrone Mitchell, who

began exhibiting his sculptures during the early 1970s, works primarily in wood, often combining both carved and natural forms.

Paintings by Jack Whitten, Brady Gallery, Main Building; Sculptures by Tyrone Mitchell, Eweson Gallery, Main Building; on view through February 28, 1991

Security Corner

★★★ Officer Of The Month ★★★

Security Officer Yah-ya Muhammad was chosen Security Officer of the Month for February, 1991.

Officer Muhammad was selected because of his loyalty and unselfish dedication to duty. An extremely proud member of the Security Department, Officer Muhammad, a three-year veteran, is always immaculately dressed and his positive attitude towards his responsibilities is an indication of his high morale and state of readiness.

A native Newarker, Officer Muhammad attended the Newark Public School System. Upon graduating from Barringer High

School, Muhammad was a cook in one of the more prestigious department stores in Essex County. Because the job offered no challenge to him, he decided he would become one of New Community's finest. We are happy that he made that choice.

The Security Department congratulates Security Officer Muhammad on his achievement.

Security Officer Yah-ya Muhammad, was awarded a plaque from the Katzin's Uniform Company of Newark, and the New Community Corporation, co-sponsors of the program, in recognition of his service.



Assistant Director of Security, Errol Adams, right, presents Security Officer Yah-ya Muhammad with his plaque as Security Officer James Calloway, left, looks on.

NCC Color Guard

The New Community Security Color Guard, for the fourth straight year, participated in the raising of the Black American Heritage Flag at Newark City Hall at 12:00 noon on January 14, 1991.

The Color Guard participated in this annual ceremony honoring the birthday of the late Dr. Martin Luther King, Jr., at the request of Mr. Melvin Charles, founder and president of the Black American Heritage Flag Society. Mr. Charles is co-designer of the flag, which is red and

black and carries a gold wreath with a sword on the black field. The flag is recognized as the official African-American Flag.

Also participating in the noon event was the Honorable George Branch, Councilman for Newark's Central Ward and the NCC Director of Security, James E. DuBose.

Security Guard members were: Sergeant John Jackson, Commander, and Security Officers Lawrence Thompson, Samuel Bell and Eric Brown.



Outside City Hall, the NCC Color Guard raises the flag honoring Dr. Martin Luther King, Jr.

Black History Notes

Researched By James E. DuBose

White Leader Of The Famed Black 369th Fighting Infantry Regiment Of World War I Dies

Throughout the history of the struggle of Blacks from bondage, to the present day struggle for equality, there have been countless numbers of whites who have aided in the fight. Colonel Hamilton Fish, Sr., a lifetime member of the famed 369th all Black Infantry Regiment, was such an individual who continued the fight up until his death on Saturday, January 12, 1991, at the age of 102. The 369th Infantry Regiment was formerly the New York Infantry 15th National Guard, and was renamed in honor of the famous Black regiment. His passing is a great loss to the Black community.

While preparing to leave for France aboard the troop ship "Pocahontas" in New York Harbor, an all-white regiment from Alabama had planned to shoot members of the 369th, led by Captain Fish, before their departure. A regiment of white soldiers from New York heard about the plan and armed the black troops. Captain Fish called his men together and told them, "If anybody strikes you, hit them back. If shot at, shoot back; we'll fight the war right here!" During World War I, Fish was one of the white commanders of the 369th Regiment which, due to racial prejudice, was the only American Army regiment forced to fight under a Foreign Flag — that of the French Government.

The 369th fought 191 days without relief and without having one man captured. They did not surrender one inch of ground to the German Army.

They were the only regiment to go into battle with a state flag. The men fought major battles among which were Verdun, The Meuse de Argonne front of the Champagne Sector of Marne, France, and the Somme offensives.

The entire regiment was awarded France's Highest Military Honor for bravery, the Croix de Guerre Unit Citation. Croix de Guerre Medals were also awarded to 173 individuals. One of the recipients, Mr. William O. Layton, at the time holding the rank of Corporal, was honored for his efforts in getting a message to then Captain Hamilton Fish and his advanced party of troops, who were walking into a trap set by the German Army.

Sustaining personal injury during his heroic actions, Corporal Layton was subsequently awarded the Purple Heart, and credited with saving the lives of Captain Fish and his men.

Lieutenant Colonel Fish was a resi-

dent of Colesville, New York. He was an All-American football player at Harvard University. Before entering the war, he was an attorney and upon his return, he resumed his practice. He later ran for Congress, and remained a Congressman for many years.

While serving as a Congressman from upstate New York, Mr. Fish's work towards Black rights continued. Many sought his help mainly due to the reputation acquired while he was commander of the Black regiment. On many occasions, he was threatened, and subsequently involved in near-physical confrontations with southern Congressmen for championing Black causes, and stressing that since Blacks were fighting and dying like whites, they were therefore entitled to equal treatment.

In 1940, when the Selective Service Act was enacted for World War II, he argued for and won the right to include Blacks in the draft.

The Fish family dates back to the Revolutionary War. One of his cousins was a signer of the Declaration of Independence, whose surname was Fish. He was also a cousin of former New Jersey Governor, Thomas H. Kean.

Colonel Fish, whether on crutches, or in a wheelchair, attended every major event and parade given by the 369th Association. He was a dedicated, loyal and constant member. He will be remembered and missed by all, for his greatness.

Mr. Layton, a 91 year old Newark, N.J. resident, and a long time friend of Lieutenant Colonel Fish, is now the only surviving member of the World War I 369th Regiment.

On Saturday, January 26, 1991, Mr. Layton, a lifetime Association member, accompanied this writer, and members of the 369th to the West Point Military Academy to participate in the funeral services for Colonel Fish.

Every year, the French Government sends military representatives to services held at the 369th Armory, in celebration of the Armistice, and to thank the 369th Association.

For the past fifty-seven (57) years, the 369th Veterans Association has sponsored a parade in May on Fifth Avenue, in New York City, in honor of the regiment. It was just recently changed to the Martin Luther King, Jr. Parade, in honor of the slain civil rights leader, who was also a fighter for Black Veterans rights.



Seated left to right are: Lieutenant Colonel Hamilton Fish, Jr., an unidentified WWI veteran, Private William O. Layton and Private Hayward Butts.

At Your (Social) Service

by the Staff of NCC Social Services Department

January Students Of The Month

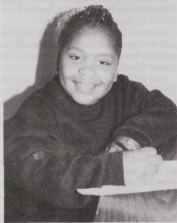
Once again two youngsters have been chosen for Students Of The Month. Six year old **Dior Williams** is one of those students. Each day she attends the first grade at Quittman Street School. Shortly after returning home from school she boards the van at Douglas Harrison for the Hunterdon site. While there she completes her homework and other activities. During her free time she can be found writing. She enjoys this very much.

The other student of the month for January is Chavon Blount. Chavon is eight years old and is a student at Martin Luther King, Jr. In her class, recently, her group won the trivia game based on the life of Martin Luther King, Jr. She was so excited about this. Chavon is quiet and enjoys

reading and learning new things. She is eager to learn as much as possible.



Chavon Blount



Dior Williams

Work-out! Work-out!

Keeping our bodies in shape is not new to our teen girls at New Community Youth Services. We are toning up our bodies as well as our minds. Every Thursday evening a group of teen girls work out at New Beginnings Health Spa at St. Joseph Plaza. This work out is an hour of exercise and aerobics. Not only are the teens enjoying it but, also the Assistant Administrator/Coordinator for the Youth Program finds it stimulating. Together we continue to do something to help improve the body and mind. Let's stay in shape!

Mary Powell

In Celebration Of Reading

A winter reading campaign being launched by New Community Youth Services will remind children — and their parents — that reading for pleasure brings rewards. Children who set aside time for reading each day will gain powerful literacy skills and motivation, and the national winner will receive a trip to Washington, D.C.

Called "In Celebration of Reading," the campaign is sponsored by Reading Is Fundamental (RIF), the

These sites are located at 220 Bruce St., 225 Hunterdon St., Harmony House, and St. Rose of Lima School.

The name of one winner from each site, will be entered in a national drawing that will be held in March in Washington, D.C. to select the 1991 National RIF Reader and 10 runners-up. The National RIF Reader will be sent to Washington, D.C. for Reading Is Fun Week (April 21-27) and will be rewarded with an array of prizes, including a \$500 U.S. Sav-



The sisters Swinton enjoy choosing books at the RIF distribution.

nation's largest reading motivation program. This year's campaign, expected to attract a half million participating children, is underwritten by the Metropolitan Life Foundation.

During the two weeks of "In Celebration of Reading," February 3-16, 1991, children will be encouraged to read on their own for a particular time period keyed to the abilities of their age group. Upeat activities such as a book hunt will reinforce the message that reading is fun, and children reaching their reading goal can enter their names in a drawing for local RIF Reader.

The New Community Youth Services RIF Project serves four sites.

ings Bond, and a personal collection of books. Last year's winner was honored at a special ceremony with First Lady Barbara Bush at the National Arboretum in Washington, D.C.

According to Sister Connie, "In Celebration Of Reading" gives youths a much-needed mid-winter boost. They're reminded that reading can be fun. Once they learn that, they're much more likely to keep reading and acquire advanced reading skills."

To donate prizes for our local RIF Readers, or for more information, contact Sister Connie Kelly at 623-6951.

Youth Travel To Philadelphia

The closing of school during the Christmas holidays leaves many youths with a lot of extra time, but not a heck of a lot to do. Youth Services attempted to bring a small solution to this problem by offering a trip to Philadelphia, PA.

With the upcoming celebration of the signing of the Bill of Rights, Philadelphia seemed the appropriate place to visit in light of its historical significance. Sightseeing took place within "America's Most Historic Square Mile" throughout the one day

trip.

The group visited Independence Hall, which is where the U.S. Constitution was written; the Liberty Bell Pavilion; one of the United States Mints where the actual manufacturing of money was witnessed by the children; the Afro-American Historical and Cultural Museum which houses collections of Afro-American culture; and a visit to the Betsey Ross House where she is credited with making the first United States flag.

Essay Contest Challenges Youth



Proud students pose beneath their African American Heritage Month essays. Essay contest winners will be chosen later this month.

On January 23, 1991, the youngsters of New Community Youth Services After School Programs had the opportunity to hear Mr. Jim DuBose of New Community Security talk about African-American

Heritage. The youngsters are presently working on an essay contest about their heritage. This contest is sponsored by the University of Medicine and Dentistry.

Each person has been asked to

Teens Speak Out

On Saturday, January 19th, a group of New Community teenagers attended a one day leadership conference at the Newark Hilton Gateway Hotel. The conference, "Teens Speak Out," was sponsored by the Teen Leadership Program Of The Orange Neighborhood House.

The theme of the day, "Responsible For Our Destiny," gave the teenagers the opportunity to voice their opinions and to give information to peers, parents, teachers and officials. It also gave adult leaders and parents the chance to communicate to the

teenagers their perspectives.

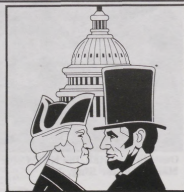
All of the topics addressed during the day were relevant to the concerns of many youth, particularly inner-city youth. The topics of discussion during the five hour conference were self esteem, drugs and alcohol, racism, teens vs. parents, child abuse and AIDS.

Many of our youth are not given the opportunity to discuss these topics seriously with their peers or parents. The conference attempted to open this avenue of communication to initiate leadership skills within each of the participants.

write an essay of 100 words or less on "Why African-American Heritage Month Is Special." The essays need to be submitted by January 31st. Each winner will be asked to read their essay out loud at a special celebration to be held at the hospital on February 26th which the entire After School program will attend.

The afternoon's events also include African-American Cuisine.

Many thanks to Mr. DuBose for his inspiration, and good luck to our youngsters in expressing their own understanding and meaning of their African-American Heritage.



A Community Taking A Bite Out Of Crime

On Saturday, January 19th, as a result of the combined efforts of New Community and Councilman George Branch, a Crime Prevention Workshop was held at Newton Street School.

The workshop was for all interested residents in the West District Precinct of the City of Newark. There were three groups targeted: (1) Youth, who were enlightened by in-

formation at their level by Detective Linda Britt, a dynamic person and effective officer who gives the appearance of a youthful teenager; (2) Families, who had Detective Lawrence "Larry" Brown, a person known to many in Newark. He is a fine leader, does many volunteer functions and is dedicated to the force; (3) Seniors, who were held captive by Detective Derrick Holloway, one of the coordinators of the Newark Crime Prevention Program. Working

with seniors is his forte and he is most loyal to making sure the elderly are kept safe.

This meeting, the first in a series to be planned during the year, proved to be most successful. It came at a time when the residents of not only New Community but also surrounding residents are taking more interest in their welfare and showing community pride.



Detective Lawrence Brown gives community members important crime prevention tips. Such topics as drugs and criminal behavior were discussed.

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Word of the workshop reached interested parties who were willing to offer their services in different ways.

Mr. Joe Cortez, a referee with the World Boxing Council, and a former prize fighter who grew up in Spanish

Harlem, realizes the struggles of crime in the inner city. He was determined not to be swallowed by his surroundings and channeled his energy into boxing. Mr. Cortez lent his support by addressing the assembly on the importance of self-pride and afterwards distributed photos of various celebrity boxers.

Mr. William Stubbs, spoke to the residents on behalf of the County Prosecutor's office and Mr. Louis Greenleaf.

Many hands participated to assure the success of the workshop; Mrs. Donnell Brown, Director of N.C.'s Operations provided all the coffee and donuts for the morning registrations and had the N.C. World of Foods prepare a scrumptious luncheon buffet.

Mr. Willie Thomas, the principal of Newton Street School and Ms. Roberta Singletary, Asst. to the Principal, both were instrumental in assuring the availability of the school and preparations.

The Social Service Staff of New Community offered services in registrations, setting up and crowd control.

Mr. James Dubose, NC Security Director was the keynote speaker and his topic was "Community Pride," a strong speech which hit home with everyone.

The reaction from the community was positive and will serve as a basis for future discussions and involvement in the area of Crime Awareness.

The Journey Continues

A few months ago a journey was started which led a small community of 15 people to Atlanta, Georgia. The purpose of that journey was to gather information, share experience, learn about the beauty and pride of being African-American. This learning was only part of the purpose — there was also the realization that evangelization was evident.

To make such a journey, to be engulfed by all the charisma of the positive energy and not to bring back and share, would have been a disservice to self as well as community.

The journey continues, 6 months later, in Elkins Park, PA. The sojourn has not been in vain; the number has doubled. Our community is growing. There is a rebirth from within and it looks good.

Sr. Juanita Hall led the group in a ceremony of NGUZO SABBa, a traditional family celebration which occurs Dec. 26 and ends Jan. 1st. This is a tradition which names seven principles of living and is primarily universal, in that it is open to all religions. Sabbas is a celebration of a way of life...our group experienced each of the seven principles in our encounter over the weekend. The bonds which were formed as a result knocked down some walls which were serving as barriers, ones we placed ourselves, a form of separation of UMOJAH (Unity).

It is apparent that the journey will continue because it is a good one. It reeks of KUJICHAGULIA (ku-chaguleah — self determination) as each takes to the road, a new sense of worth in being proclaimed, with a burning desire to take it further, let it reach others and spread like wild fire.

There is definitely UJIMA (u-g-mah collective work and responsibility) being sent forth by this group and there is an energy felt to get things done and make our community grow



Participants in the Crime Prevention Workshop gather for a photo following a buffet luncheon at the Newton St. School.

stronger and stronger.

We have learned a lot about UJAMA (Uo-jah-ma — familyhood and cooperative economics). This we are working on by respecting one another and working with each other to build a stronger nation as our ancestors did, and not forget our roots.

It has been shown to us that there is a struggle going on and our NIA (ni-ah — our purpose) is to unite to bring about the liberation and independence of all peoples. We will not stand by the side of the road and let someone else walk this journey — it is our journey towards liberation and independence.

We are a gifted community. Our

road is paved with precious jewels; of wisdom, love, song, dance, speech.

KUUMBA (ku-u-mah — creativity) flows down our road like the mighty Nile, nurturing and enlightening all over whom it splashes. It strengthens us as we ride on its magnificent waves, which are caused by us.

Lastly, our journey will continue because of IMANI (e-manne — faith). We know a good thing is happening. We want our community to join us and be part of the road, to ride the waves.

This will happen because we believe in this from the heart.

Joyce Cook



The lives of the NCC women are enriched through a spiritual retreat.

FOCUS on FAMILIES

Tenants Of Family Housing Meet

"If at first you don't succeed, try, try again." That's how we all learned to tie our shoes, jump rope, and do long division. For awhile now, the staff of NC Management and Social Services have been making different arrangements in their quest for successful meetings with tenants in the Families Housing.

Eureka! We believe that our efforts bore fruit on January 10th when a whole roomful of people braved the cold weather and icy sidewalks to attend the first quarterly meeting for NC Families. Each of the four complexes had good representation to hear about what's happening now in NC housing.

In his opening prayer, Msgr. William Linder drew our attention to the needy people in the wider Network: HIV positive babies at Babyland IV; battered children at Babyland II; abused mothers and children at the Family Violence Shelter; the homeless and the hungry.

Donnell Brown, New Community's Director of Operations, described improvements which will be made thanks to grants she has received, and committees she plans to convene in the near future, such as a neighborhood beautification group, and a tenants' advisory group for screening prospective tenants.

Emil Molnar, Director of Maintenance; James Dubose, Director of Security and Donald Godwin, Director of Youth Services, described their respective programs.

Joyce Cook of Social Services and Diane Lampley of Management not only planned the session, but very effectively kept it moving.

The managers and social services providers of our various complexes were introduced: Brenda West and Joyce Cook of Gardens Families; Rita Robinson, Emma Jean Miller-Curlin and Sr. Kathleen Coll of Commons Families; Cathy Roviara and Sr. Mary Ellen Bennett of Manor Families; and Leslie Davis and Emma Jean Miller-Curlin of Homes Court.

The Social Services providers described current programs and entitlements. Responding to suggestions from the floor, Diane Lampley agreed to set up future meetings, and encouraged all present to attend.

When comments were invited there were many, including the idea that it is up to us to keep OUR Pathmark up to snuff.

Refreshments were served, (Dunkin' Donuts and Dunkin' Donuts coffee, of course) giving everyone an opportunity to chat one on one or in small groups.

All present agreed that this meeting was a big success. Plans are now being made for our April meeting.

Tenants of Manor Families kept the momentum! Their meeting at 225 Hunterdon Street the following week boasted record attendance!

Having experienced two successes in a row, you can be sure that we are going to try for more!

Sr. Mary Ellen Bennett

Not In The Chain

A chain is a series of links connected or fitted into one another. At one time, chains were used to confine and restrain slaves — to restrict their movement. Slavery was a practice in which one person was subordinated by another, forced to do another's bidding without pay or legal redress. The practice began in prehistoric times and still exists.

Bad habits and bad practices, like cobwebs, are easily formed, but like steel cables, are difficult to break. The decision to become involved in bad habits and bad practices remains an individual choice. Some youths facing pressures like family troubles, emotional problems, economic insecurity, frustration in school and social life, and hopelessness for a future give up hope of ever finding satisfactory solutions to their dilemma or ever experiencing better conditions and are prone to adopt an attitude of futility.

Those who are lazy and mismanage their time are doomed. The mentally lazy, who fail to use the available tools to develop their minds, ultimately find themselves perceptually im-

paired. The hedonic pawns who revel in permissive sex become ensnared with problems of unwanted pregnancy and the serious responsibility of unprepared child care, interrupting any plans for a career they may have had.

The school dropout, lacking the necessary education and training for today's work force, has few options for earning a living legally. Crime has never been an extended career or dependable means of earning a living with any degree of duration. Muggers, rapists, and drug dealers (the lepers of society, despised even by their own), inflict violence on their fellowman and are frequently met with violence themselves.

All of these miscreants are still slaves — exchanging one bondage for another.

There is a story about a wild elephant who was made captive. Hunters tied the end of a long chain around the elephant's foot and the other end to a large tree. The elephant pulled as hard as he could, but could not free himself from the chain. After struggling for a con-

siderable length of time, the elephant surrendered to the chain. Then the captors unchained the elephant from the tree and tied him to a little iron stake, but the elephant never attempted to pull away because he still thought he was chained to the tree. His captivity, his slavery, was in himself, not in the chain.

The Thirteenth Amendment to the Constitution of the United States freed American slaves striking off the chains, but one hundred and twenty-five years later some few are as much slaves as ever: mandated to drugs and alcohol; bound by mental mentality; hobbled by lack of education; shackled by permissive sex and unwed pregnancy; fettered by violence and crime; anchored in hopelessness; and chained to sin.

Thus, although the chains of slavery have long been struck off, some people are as much slaves as ever, for their slavery is in themselves — not in the chain.

Lewis Graves
Springfield Branch
Newark Public Library

Schoolchildren Pray For Peace

Our nation is in the midst of a war. Jan. 15, the date set aside as the deadline for Saddam Hussein to leave Kuwait, was a day of prayer for St. Rose of Lima School. Every half hour a different group of children went to the church to pray for peace. We continue to pray daily for peace.

Letters were written to President Bush claiming Jan. 15, the birthdate of a peaceful man, an inappropriate day to set such a deadline. Dr. Martin Luther King, Jr. spent his life working for peace.

The war is close to us because a number of relatives and friends of the children are stationed in the Middle East. Kindergarten, first, second and third graders held yellow balloons filled with balloons in the lot across the street from the school. After a prayer for peace they let them go into the air.

Each grade wrote letters to the people in Desert Shield. Many have received answers. The children also brought items to be mailed to our armed forces.

Black Catholics Coordinating Team Sponsors Dr. King Service

Sunday, January 20, Our Lady of Sorrows of South Orange, Maplewood was the splendid setting for the Seventh Annual Prayer Service honoring Dr. Martin Luther King, Jr.

The Black Catholic coordinating team of the Archdiocese of Newark began this tradition in 1985 and used it as time set aside to pay special homage to a great African-American leader, minister, pastor of peace. It is also during this time that scholarships are awarded to various youth throughout the five counties of New Jersey. Scholarships are awarded based on essays submitted and written by youth from 5th grade through high school.

The three recipients for this year each received a \$100.00 savings bond for their interpretation of the theme, "Children of Tomorrow: Living His Dream." Winners were Christie Grzymko, Cynthia Quanio, and Rashana Almeida.

Each exhibited a profound knowledge of the English language and put forth their hopes and dreams for the continuity of Dr. King's dream.

The service was special. There was a blending of European and Afrocentric qualities which meshed in a harmonious flow of reverence. This is the idea behind Dr. King's dream; for us as a people to exist, mesh, unite and flow, complementing each other not in competition with one another.

The procession was led by African

Drummers, sending a call to worship, and leading flag bearers and the men and women of the Knights of Peter Claver, along with Bishop Joseph Francis, incense bearers, the light of faith and hope and the celebrants for the ceremony.

The Sacred Heart choir of Vailsburg and Festival Mass Choir filled the magnificent structure of Our Lady of Sorrows with a most soulful sound.

Members of Saint Rose of Lima Junior Chorus did a graceful African hat rendition to the music of the "Magnificat."

Dr. Diane P. Hayes was the keynote speaker who delivered an address on achievement, pride and positive struggle.

Each year the coordinating team chooses someone who has exemplified the teachings of Dr. King in their daily life with youth, elderly and all between — a person who is genuine and steadfast. This year's recipient was Father Luke, pastor of St. Mary's Church, the largest African-American Catholic Church in Newark. Fr. Luke is a man who is loved by all and is most modest in voicing his accomplishments.

This year's service had an even more significant meaning in that we are in the midst of unpeaceful times both at home and abroad. We are called upon not only to remember Dr. King's words, but also to live them.

Joyce Cook

Students Share Catholic School Week

January 27-31 was Catholic School Week. We started celebrating the week with a Mass at St. Rose Church on Sunday, Jan. 27, at 10:30. The diocese held a Mass for all Catholic Schools in Essex County on Tuesday evening in Nutley, N.J.

Hills to participate with their sister-school in their talent show. A pizza party was shared between the two groups before the show. Everyone had a good time.

Eighth graders also went to Seton



Ms. Emily Ross, left, and her choir, center, perform for students and faculty at St. Rose of Lima School, Short Hills.

Eesaa Parish, Iesha and Brandon Nelson, Charles and Kevin Harris represented our school at the Mass in Nutley. They did a beautiful job representing us.

As part of Catholic School Week, Newark's St. Rose School choir went to St. Rose of Lima School in Short

Hall University to participate in the symposium entitled, "New Jersey's Black Catholic Heritage: Discovering Our Past in the Present."

The celebration of Catholic School Week brings our religious heritage into focus as a vital component in our lives.



Ms. Emily Ross and her choir prepare to perform.

PIZZA - the universal language of kids.

You've Gotta Have Heart

As soon as you walk in you know that NC Douglas Homes at 15 Hill Street is a building with a big heart.

Getting to know some of the great hearted residents reinforces this first impression. Heartly support for the array of NC Network events, from the Rev. Martin Luther King, Jr. Scholarship Dinner to the Oldies But Goodies Valentine's Dance sponsored by St. Rose of Lima School can be taken for granted.

It's heartening to realize the reason for this. No fewer than four of the residents celebrate Valentine Birthdays: Leonard Ball who has had 93 of them, Eddie Johnson, Margaret Mitchell, and Helen Vaughn.

A group such as this shows what can happen when people have heart.